

SHOPPING LIST

Fruits

- Apples
- Bananas
- Blueberries
- Cherries
- Grapes
- Oranges
- Peaches, Pears, Plums
- Strawberries
- Watermelon
- Other _____

Deli/Near Deli Items

- Organic Cheeses
- Hummus
- Goat Cheese
- Guacamole
- Potato Salad
- Pomegranate Juice
- Tofu
- Dried Cherries
- Sunflower Seeds
- Almonds
- Walnuts
- Pecans
- Other _____

Breads

- Wheat Bread
- Buns--Hot Dog, Hamburger
- Pita
- Other _____

Chips/Snacks

- Tortilla Chips
- Potato Chips
- Pretzels
- Crackers—Saltines, Wheat
- Popcorn
- Graham Crackers
- Other _____

Vegetables

- Avocado, Asparagus
- Carrots, Corn
- Beets, Broccoli
- Cucumbers
- Garlic, Green Beans
- Lettuce
- Mushrooms
- Onions
- Pea Pods, Peppers
 - Green
 - Red
 - Yellow
 - Orange
- Potatoes
- Spinach
- Tomatoes
- Yellow Squash
- Zucchini
- Other _____

Meats

- Salmon-Frozen
- Ground Beef
- Chicken
- Hot Dogs
- Pickles—near hot dogs
- Other _____

Beverages

- Coffee (Regular/Decaf)
- Caffeine Free Coke
- Ginger Ale
- Beer
- Wine
- Bottled Water _____

Breakfast Items/Snacks

- Cereal
- Oatmeal
- Syrup
- Pancake/Waffle Mix
- Fruit Snacks
- Granola Bars (Lara Bars)

Italian/Mexican/Asian Foods

- Refried Beans, Black Beans
- Tortillas (flour/corn)
- Salsa/Taco Sauce
- Pasta Sauce
- Pasta
 - Rotelle
 - Macaroni
 - Penne
 - Rigatoni
- Rice
- Sauce—Teriyaki, Soy
- Other _____

Household

- Kleenex
- Toilet Paper
- Laundry Detergent
- Stain Stick
- Aluminum Foil
- Hand Soap/Dish Soap
- Garbage Bags
- Sandwich Bags
- Cleaners: _____
- Other _____

Frozen

- Mixed Veggies
- Corn
- Peas
- Broccoli
- French Fries
- Tater Tots
- Pretzels
- Ice Cream
- Other _____

Hygiene/Baby

- Toothbrush/Toothpaste
- Kid's Soap
- Shampoo/Conditioner
- Razors/Shaving Cream
- Deodorant, Make-up _____
- Feminine Products, Diapers/Wipies
- First Aid: _____
- Other _____

Cans/Jars/Bottles

- Baked Beans
- Soups
- Applesauce
- Peanut Butter/Jelly
- Canned Tomato Items _____
- Other _____

Condiments/Cooking/Baking

- Ketchup
- Mustard
- BBQ Sauce
- Dressings
- Taco Seasoning
- Sugar/Powdered Sugar
- Seasonings/Spices: _____
- Flour
- Cooking Oils (Olive Oil, Smart Balance, etc.)
- Raisins
- Canned Pumpkin
- Chocolate Chips
- Other _____

Eggs/Dairy

- Eggs
- Cottage Cheese
- Sour Cream
- Provolone Cheese
- Shredded Sharp Cheddar
- Shredded Mozzarella
- Block Cheese
- Cheese Sticks
- Yogurt
- Milk
- Butter/Butter sticks/Earth Balance
- Other _____

Gifts/Office/Other items

- _____
- _____
- _____
- _____
- _____
- _____